MOVE!

Not Enough Time?

Great excuse, isn't it? No matter what it is, we can always say "Oh, I can't do that because I don't have enough time".   Yet, when something comes along that we really DO want to do, we somehow always manage to find the time!! We fool other people a lot with this excuse, and sometimes even fool ourselves, don't we? So… you don't have enough time to fix healthier food?   Don't have enough time to do any exercise? Gimme a break!   We all know that if we really want to do something, we will make the time. It may be a matter of just making a daily time budget—a daily plan, or making some other decisions.   Here are some tips:

- Write down everything you need or want to do each day.

- Decide which ones are absolute "have to" things, and write those down on a daily schedule at the times you will do them.

- Decide which other ones are important, but not critical. Put those in some of the empty slots on your daily schedule.

- Fill in any leftover time with those things that you may want to do, but aren't as important as the others.

- Always allow extra time! Things usually take longer than expected.

- Be focused when accomplishing things. Avoid letting little interruptions get in the way.

- If you are overcommitted, begin saying "NO" to some of those things people want you to do. Get your priorities straight. Your quality of life is at stake here…

- Delegate some of your responsibilities to others whenever possible. You don't really have to do absolutely everything yourself!